

## Yogurt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

DESSERT

### Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 3 eggs
- 2.5 cups flour all-purpose
- 1.5 cups yogurt
- 1 pinch nutmeg freshly ground
- 0.7 cup olive oil
- 0.5 teaspoon salt

- 1.3 cups sugar
- 1 teaspoon vanilla

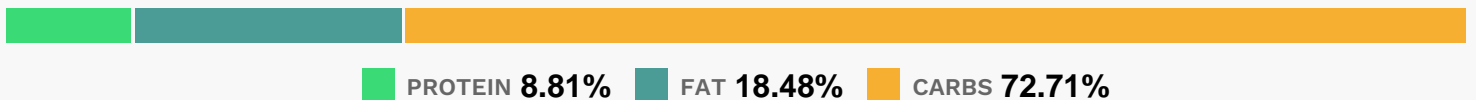
## Equipment

- oven
- whisk
- wire rack
- cake form
- aluminum foil
- springform pan

## Directions

- Heat the oven to 350F. Grease a 9-inch springform pan lightly with baking spray or oil, and line the bottom with parchment.
- Whisk together the yogurt, olive oil, sugar, eggs, and vanilla.
- Add the flour, baking powder, soda, salt, and nutmeg right into the liquids and stir just until no lumps remain.
- Pour the batter into the cake pan and bake for 50 to 60 minutes, covering with foil at the end if the top is browning. When a tester comes out clean, transfer the cake to a cooling rack and let it cool for 10 minutes before removing it from the pan.

## Nutrition Facts



## Properties

Glycemic Index:40.76, Glycemic Load:44.13, Inflammation Score:-3, Nutrition Score:8.9739130434783%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 348.7kcal (17.43%), Fat: 7.19g (11.06%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 62.58g (22.76%), Sugar: 33.59g (37.33%), Cholesterol: 67.35mg (22.45%), Sodium: 426.23mg (18.53%), Protein: 7.72g (15.43%), Selenium: 19.51µg (27.87%), Vitamin B1: 0.33mg (21.8%), Folate: 82.55µg (20.64%), Vitamin B2: 0.34mg (20.01%), Phosphorus: 146.18mg (14.62%), Calcium: 144.86mg (14.49%), Manganese: 0.28mg (13.97%), Iron: 2.3mg (12.8%), Vitamin B3: 2.36mg (11.78%), Vitamin B5: 0.6mg (6.03%), Vitamin B12: 0.32µg (5.28%), Zinc: 0.76mg (5.09%), Vitamin E: 0.74mg (4.95%), Fiber: 1.08g (4.33%), Magnesium: 16.72mg (4.18%), Potassium: 137.89mg (3.94%), Copper: 0.08mg (3.82%), Vitamin B6: 0.06mg (3.01%), Vitamin A: 134.71IU (2.69%), Vitamin D: 0.38µg (2.51%), Vitamin K: 2.43µg (2.31%)